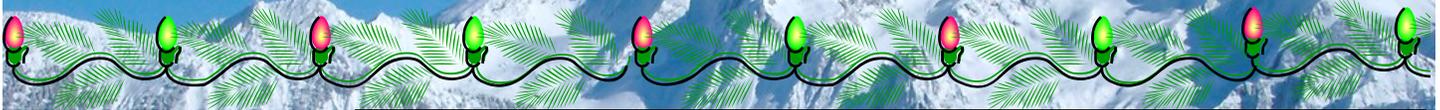


Central Utah Public Health Department



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A Word from Our Health Officer

When diseases are under control and disasters are infrequent, public health agencies seem to remain a forgotten issue (Levy & Sidel, 2003). Public health is one of the most basic services in this country. Very often the general public does not understand the importance and value of public health departments such as the Central Utah Public Health Department (CUPHD) and the services that we provide. Public health is not glamorous or exciting like other professions, but we are behind the scenes fighting against diseases every day and responding to natural and manmade disasters when they occur. The CUPHD is responsible for the health and protection of all our citizens. However, we have to continually fight for resources in order to provide the very basic public health services.



As Levy and Sidel (2003) explained:

The public health “system” in the United States is intended to provide the country’s population protection from disease and injury. By some measures, it has been remarkably successful in doing so. It has been estimated that approximately 25 years of the 30-year gain in life expectancy during the 20th century was due to public health intervention, compared to 3.7 years for medical treatment and 1.5 years for clinical preventive services. (p.245)

The CUPHD has proven our value to society and will always do the very best we can to serve our citizens of Central Utah. The pertussis outbreak in 2011 in North Sanpete and the pertussis outbreak in 2012 in North Sevier confirms our dedication to the protection of our citizens of Central Utah. We spent countless hours providing vaccinations to the students and teachers in these communities not to mention the cost of our staff providing education and consultation to parents of these students. The CUPHD also worked very hard to prevent the spread of measles in Millard County in 2011. We worked very hard to control the TB problem at Snow College a few years ago, we screened over 500 students. We are constantly on the alert for disease outbreaks; bacteria and viruses are here to stay and are always looking for ways to invade our bodies.

Our doors are always open and we want to invite everyone to visit any one of our eight offices throughout Central Utah. We have offices in Richfield, Junction, Loa, Mount Pleasant, Manti, Nephi, Fillmore, and Delta.

**Flu
Vaccine
Still
Available**



Working for Healthy Communities





Employee Spotlight

Name: Pam Sorenson

Job Title: Early Intervention Teacher

How long have you worked at CUPHD? 5 years, which office? Based in Richfield but provide services in all six counties.

Family Status: Husband Kendall, 5 children, 3 son-in-laws, two grandkids and 12 pets including 2 potbellied pigs.

Where did you grow up at: Dove Creek ,Colorado.

How do you typically spend your leisure time? Going on rides, chillin with my family, watching movies, doing crossword puzzles, playing with the animals and sending post cards.

What are 5 things you “can’t live without”? Kendall, my bed, my bathtub, money and fresh air.

What are the three things you are most thankful for? My family, my job & a roof over my head.

What is your favorite quote? “Forward Ever, Backwards Never”.



“Some Things Can’t Be Fixed”

Central Utah Public Health Department’s health education staff have been working with the Governor’s Youth Council clubs and other organizations at our local high schools to provide lunch time tobacco prevention activities. These activities are designed to encourage students to consider the irreversible damage caused by ongoing tobacco use. Participating schools each received a kit which included a display board showing many of the ads sponsored by the CDC’s “Tips From Former Smokers” campaign . These ads are hard hitting, firsthand stories of people who have suffered devastating affects from tobacco use. Participating high schools also received tobacco trivia questions, tobacco prevention incentives for prizes and duct tape for a duct tape creation contest. It appears that each of the the schools organized the activity a little differently but no matter how the activity is organized our goal is to expose the devastating effects of tobacco use. We have received great feedback from the club advisors at the high schools and hope to continue with more activities in the future.



Terrie was a pretty cheerleader in high school, she started smoking because, “It was the cool thing to do.” At the age of 40, Terrie was diagnosed with oral cancer and had radiation treatments. Later that same year Terrie was diagnosed with throat cancer and had to have her voice box removed. Today she speaks with an electrolarynx. Unfortunately, at the age of 51 her cancer returned and she continues to battle it .



Students who get daily exercise perform better in classrooms and test higher in academics.

- National Association for Sport and Physical Education

Mona Elementary Kick Off Assembly

Brynlie Bergstrom, at Mona Elementary is chillin with her vegetable bouquet at our annual Gold Medal Schools, "Kick Off Assembly". This is the fourth year students at Mona Elementary have participated in the Gold Medal Schools program . They are working on achieving their Platinum Award this year. Every year the students pick a walking goal and track the number of gold medal miles they walk. This year the students are walking their way across the United States visiting the state capitols. The Gold Medal Schools program is designed to encourage students to be more physically active and to adopt healthy eating habits. Some of these goals are achieved by developing policies that require at least 90 minutes of physical fitness at school every week. Another component of the program is to encourage teachers to use non-food rewards for incentives and student recognition.



WIC - Breastfeeding Promotion and Support

The WIC program is very pro breastfeeding and here are just a few reasons why:

- * Early breast milk, also known as liquid gold, is rich in nutrients and antibodies that protect babies.
- * Breast milk is easier to digest, especially for premature babies. The proteins found in cow's milk take time for babies to adjust to.
- * Breast milk fights disease. Formula-fed babies have a higher risk of lower respiratory infections, asthma, obesity and type 2 diabetes.
- * Women who breastfeed have a lower risk of Type 2 diabetes, breast cancer and postpartum depression.

WIC provides support for breastfeeding mothers in several ways: peer breastfeeding mentors, hand pumps, and electric pumps that are loaned out. In addition, we currently have free bags to store milk and other types of helpful products that are available to our WIC clients.



Strategic National Stockpile

The United States Government maintains a repository of life saving pharmaceuticals, antibiotics, antivirals, vaccines and medical supplies to be used in response to a bioterrorism attack or other emergencies such as 9/11 in 2001 and the anthrax attacks in 2001, Hurricane Katrina in 2005, the H1N1 flu in 2009 and most recently, Hurricane Sandy. These supplies are managed by the National Center for Disease and Control. Their goal is to provide large quantities of supplies to states in need within 12 hours.



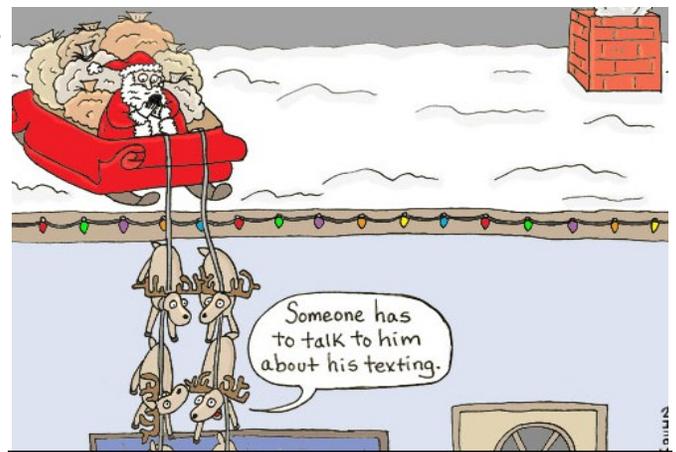
Central Utah Public Health Department staff have been working with community organizations such as the Emergency Response Teams and Medical Reserve Corps to prepare for dispensing these supplies in our area should the need arise. Ten high schools in our area have been designated as points of dispensing.

Staff at Central Utah Public Health Department had a chance to participate in an exercise to practice dispensing supplies at our annual Christmas staff meeting. Staff members had the opportunity to role play being part of the general public receiving the supplies as well as being a member of the team distributing the supplies. We know from past experience in dispensing H1N1 flu vaccine in 2009 is that community support was tremendous throughout the six county area.

Distracted Driving

The National Highway Traffic Safety Administration is encouraging drivers who won't turn off their cell phones while driving to designate a texter. But, it is important to remember that a conversation between a driver and a passenger can also be distracting and anytime a driver is distracted that's dangerous. The point is to keep the driver's eyes and attention focused on the road. Here's some sobering facts about texting and driving:

- The average length of time your eyes are off the road while texting is five seconds, that's enough time to drive the length of a football field.
- 18% of lethal distracted-driving related crashes involved cell phones.
- A texting driver is 23 times more likely to get into an accident than a non-texting driver.



Cartoon found in Zero Fatalities' 'Don't Drive Stupid' monthly newsletter.